

IMPORTANT SWIM MEET REMINDERS

- ** ALL swimmers should report to CHECK-IN table to pick up meet program. Check-in area will OPEN promptly at 7:55AM (not beforehand).
- ** Warm-up begins at 8:00AM and concludes at 8:55AM. General warm-up for all lanes in the competition course will be from 8:00-8:40AM. At 8:40AM lanes 1 & 2 will open for one-way sprints. All swimmers must exit the pool promptly at 8:55AM.
- ** Colonies Zone SCM Champs commemorative event shirts will be sold at a steep discount at the swimmer check-in table.
- ** POSITIVE CHECK-IN is REQUIRED by 9:00AM for the 1000 yard Free at the swimmer check-in table. If you do not check in, you will be SCRATCHED from the event.
- ** Relay Deck Entry ENDS at 10:15AM. A supply of relay entry forms are available at the swimmer check-in table. Make sure ALL relay swimmers are PRESENT at the meet before submitting relay entry. Relay swimmer order may NOT change and substitutions can NOT be made once entry is submitted.
- ** Heat sheets for the 1000 yard Free and both Relay events will be posted on the glass-enclosed control room windows located on the north pool wall. An announcement will be made when heat sheets are available shortly after deadlines have closed.
- ** Do NOT MISS YOUR EVENT! Follow swim meet progress by listening to announcements, looking at your program and the scoreboard, and by watching the pool. If you miss your heat, we can NOT place you in a subsequent heat and lane or slow down the meet to accommodate your oversight. Report to the bulkhead area just behind your respective starting block at least one heat early. Confirm your heat and lane assignment with one of the backup lane timers.
- ** Results will be posted on the west wall between the Men's and Women's public locker room doorways.
- ** Awards should be picked up as soon as possible after results are posted. Meet clean-up crew will have everything packed up and shipped out 15 minutes after the final event. No awards will be mailed after the meet has concluded.
- ** Hospitality Room is ONLY for meet workers and officials. Beverage and snack vending machines are located in the facility outer hallway.

GOOD LUCK - SWIM FAST - HAVE FUN!